

Aging Metrics - You can't manage what you don't measure

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Topics for discussion:

For background these will briefly be discussed:

Background and Mission

Age management therapy program (Aging Intervention Program - System, Therapies and Metrics) - what we can do now to slow aging and partially reverse its effects

Plan to Get a Great Many More Years of Healthy Living – Open ended healthy lifespan

Age Management Telehealth Physicians

Since you can't manage what you don't measure, then PART 4: METRICS - Biomarkers and Objective Measures -- Practical, at a Reasonable Cost

of the Aging Intervention Program will be looked at in detail

Segments:

Some questions you might ask when you learn of a new biomarker or objective measure.

Categories of tests I suggest are most important

A simple yet effective test set for some therapies

An example using a wider range of tests used in our recent small study of a biological. This set can be adapted for many other therapies.

along with

Aging Metrics - Valuable biomarkers and software systems provided ONLY to scientists developing aging therapies with greatest potential for much longer healthy lifespan at no or low-cost.

<https://agingmetrics.org>

References

<https://www.aginginterventionfoundation.org/AgingInterventionProgram.pdf>

<https://www.aginginterventionfoundation.org/PlanForManyMoreYears.pdf>

whose <https://agingmetrics.org>